

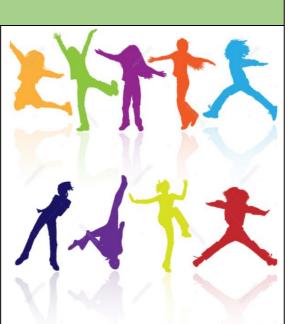
Overview

-Dance is all about moving our bodies to a musical rhythm. There are many different types of dance.

-In dance, we explore space, and consider how we can use our bodies to show ideas, moods, characters and feelings.

-Throughout KS2 dance, we learn how to copy and create actions in response to different ideas and themes. We should also consider how our use of space and timing can create different effects. We can use choreographing to change and adapt ideas.

-Our dances may be with partners or teams. We should work together to perform movements safely, and be able to give and receive feedback using the correct key words.



		Physical				
Skill	Definition	How do I do this?				
Travelling	To move from one place to another place.	-Think of the different ways that you can travel and change direction, e.g. skipping, crawling, creeping, hopping and sliding. Repeating and linking actions can help them to contribute to the wider ideas/ themes. -Use counts of 8 to stay in time with the music.				
Actions	Body movements in time to the music.	 -Examples of actions include clapping, clicking, leaping, crouching, shaking, twisting and spinning. -Use clear and confident actions – they may be exaggerated to make ideas more obvious. -Use counts to help you and others stay in time. 				
Reaction	To respond to the movements and actions of others.	-Using opposites with partners can help us to create a symmetrical 'mirror' effect that is pleasing on the eye Consider how movements/actions complement your partners movements/ actions.				
Balancing	To hold a body position with control.	 -Consider each part of your body and the shapes that you create. Hold moves for at least 5 seconds. Keeping arms and legs further apart helps. -Add quality by being still, pointing fingers & toes. -When taking weight on hands, tense stomach. 				
Making Sequences	To put actions together.	-Consider how actions look together. Marks for quality, control, and how in time (coordinated) you are with music/ your partner/s and/or teams.				

Social and Emotional							
Communication/ Decision-Making	Selecting						
Often, dances require more than one	There are a hu						
person to work together well as a	actions and						
team. Communicate to ensure that	perform. We sh						
you stay in time and perform actions	are most effect						
in agreed ways. Everyone should get a	to demonstrate						
say in choreographing routines.	we are						
Keeping Safe	Buildir						
Follow the rules and listen to the	Some dance ac						
coach's instructions. Store and handle	is important						
any apparatus that you are using	ourselves and						
properly. Make sure that	practice and u						

higher risk dance moves

are performed safely.

Responding to Feedback

We need to ensure that we welcome

praise and constructive criticism as

tools to improve. We may need to

something is difficult or tiring.

persevere. Perseverance is

about keeping

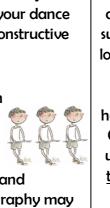
going even when

Challenging Myself Whenever we learn anything, we have to start somewhere! Improving ourselves is all about putting in hard work and practice, challenging ourselves to be better than we were before! Be ambitious in your choreography, knowing that practice can help you to succeed.

Thinking/Strategic

Feedback – Finding out from someone else what they think about your dance/ actions is vital in improving your dance actions, moves and routines. Remember to be constructive when feeding back to others!

Repeating the same movements over again can help make your dance memorable. Unison means to dance together in time.



Choreography is designing sequences of actions and movements in order to create routines. Choreography may be revisited when something isn't working.

				Health and Safety				
Exercise in safe spaces. Be mindful of others.	Keep your head up and know what is around you.	Warm up properly including stretching your muscles.	Bend your knees when you land from jumps.	Make sure that liquids are kept well away from the dance surface.	Make sure that mats/surfaces are set up properly.	Make sure that any equipment is put away properly.	Warm down after exercising.	Remove jewellery and wear suitable clothing/ equipment.



ng and Applying
uge range of different
I moves that we can
hould select those that
tive at different times,
e the themes/ideas that
e trying to show.

Building Confidence ance actions can be difficult. It nportant that we believe in ves and understand that with ce and understanding we can achieve great things. Praise one another to help build confidence.

Key Vocabulary

Dance

Movement

Theme

Balance

Control

Travelling

Choreograph

Routine

Confidence

Coordination

Timing

Feedback

Mirroring

-Success in dance is all about quality and control. Quality is about making sure that your actions and movements look clear and confident. Good posture helps this. Control is when you hold positions carefully. Tense muscles to help control movements and balances. Consider space (e.g. how the space is used, how far apart dancers are) and timing (when/where actions happen, tempo, and how fast or slow movements are performed).